

A rectangular box with a blue background featuring a gradient from a lighter blue sky with wispy clouds at the top to a darker blue ocean with gentle ripples at the bottom.

## 2009 Wyoming Conference On Aging: “The New Frontier of Aging”

Meeting the Needs and Preferences of  
Older Persons  
May 19, 2009

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Live your life and not your  
Age!



## National Level - Emerging Issues and Trends in Aging

- Economy (ARRA)
  - Swine Flu
- Disasters - Emergency Preparedness
  - L.T.C. / HCBS
- President - Announcement of New ASA
- Health Promotion / Prevention Programs

## AoA' s - Mission and Work

*To help elderly individuals maintain their dignity and independence in their homes and communities through comprehensive, coordinated and cost effective systems of long-term care, and livable communities*

## How we do that

- *Empower constituents to make informed decisions about, and easily access, existing health and long-term care options*
- *Enable seniors to remain at home with high quality of life through the provision of HCBS, including supports for family caregivers*
- *Empower older people to stay active and healthy*
- *Ensure the rights; prevent abuse, neglect and exploitation*

## Aging Network

- OAA
- State Units (56)
- Area Agencies on Aging (651)
- Tribal Grantees (231)
- 20,000 providers
- 500,000 volunteers

## Older Americans Act of 2006

- Furthers our commitment to health promotion and disease prevention
- Furthers our commitment to client and family participation in the service delivery process
- Advances the *Choices for Independence* initiative



## Older Americans Act 2006

- Support and coordination of LTC services, emphasizing:
  - home- and community-based settings
  - LTC needs of the baby boom generation
- Greater focus on prevention/treatment of mental disorders

## Title III State and Community Programs – *some key changes*



- Home and Community-Based LTC
- Evidence-based Health Promotion and Nutrition
- Coordination of Mental Health Services
- Emergency Preparedness
- Planning for Baby Boomers
- Expanded Targeting of Services:  
Limited English Proficiency

## Nutrition Services

Sec 330 PURPOSES (new)

(1) to reduce hunger and food insecurity

(2) to promote socialization, and

(3) to **promote the health/well-being** of older individuals by **access to nutrition and other disease prevention/health promotion services** to **delay the onset of adverse health conditions**



## National Family Caregiver Support Program (NFCSP)

- Provides grants to states for a continuum of services that best meet caregiver/individual needs (*\$187,000,000 for FY07*)
- Grants are for SUA's to develop partnerships with tribal organizations/community providers
- Services include *information, assistance, counseling, respite, and supplemental*

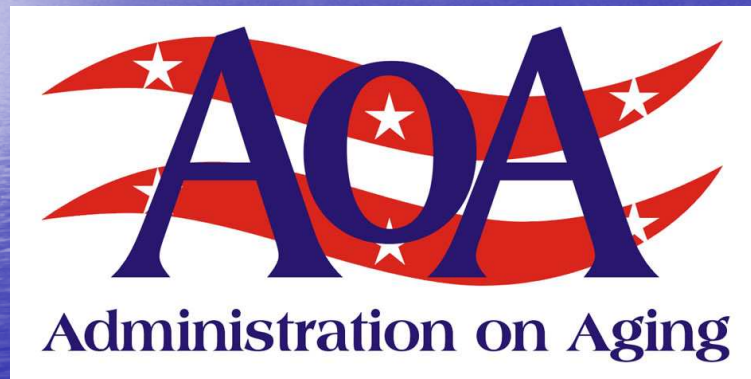


Aging/Disability Resource Centers serve as highly visible and trusted places where older individuals and individuals with disabilities of all ages can turn for:

- **information** on the full range of long-term support options;
- **streamlined access** to public LTC programs and benefits;
- opportunities for **more choice and control** over the services they receive.



# Nursing Home Diversion



## Nursing Home Diversion

Opportunity to modernize our approach to helping individuals avoid nursing home placement and avoid spend-down to Medicaid.

*Specifically targets -*

- *individuals who are at imminent risk of nursing home placement*
- *individuals not eligible for Medicaid*



## AoA's NH Diversion and the Veterans Health Administration

Joint effort to provide essential  
*consumer-*  
*directed* HCBS to older Americans  
and  
veterans of all ages with LTC needs.

## EVIDENCE-BASED DISEASE PREVENTION GRANTS PROGRAM

*"research into practice"*

## Evidence-Based Disease Prevention

- Programs include:



- ☐ Chronic Disease Self-Care
- ☐ Physical Activity (fitness)
- ☐ Fall Prevention
- ☐ Nutrition and Diet
- ☐ Depression and/or Substance Abuse

## Chronic Disease

- 80% of senior have at least 1 chronic disease; 50% with 2 or more
- Every 16 seconds someone 65+ falls; third will require medical attention/hospitalization
- 12.2 million seniors (23%) are diabetic; prevention programs emphasizing life style changes can reduce diabetes frequency by 70%
- Three-quarters of health care expenditures in US

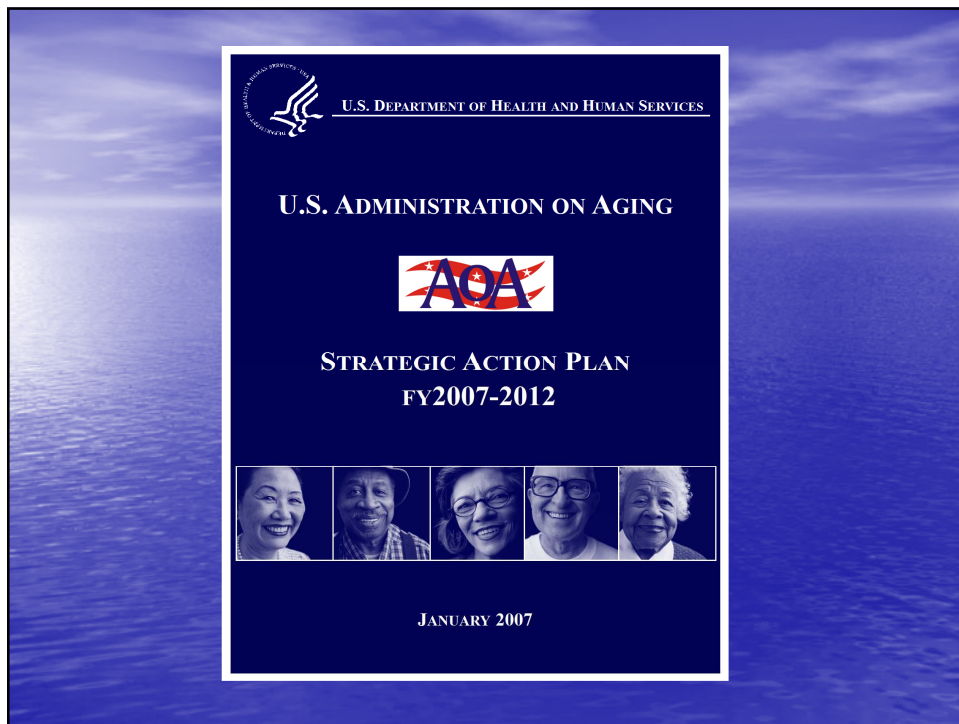


## **American Recovery and Reinvestment Act**

- Nationally, for our Aging Network, the ARRA provides:
  - \$65 million for congregate nutrition services
  - \$32 million for home delivered nutrition services
  - \$3 million for Native American nutrition programs

## **AoA BUDGET - FY 2009**

- Totals \$1.5 billion (\$1,491,343,000)
- Signed into law March 11, 2009
- \$78 million more to support HCBS



## AoA's Strategic Action Plan

***Goal 1 - Empower older people, their families, and other consumers to make informed decisions about, and to be able to easily access, existing health and long-term care options***

- **ADRC**
- **EBDP**



## AoA's Strategic Action Plan

***Goal 2 - Enable seniors to remain in their own homes with high quality of life for as long as possible through the provision of HCBS, including supports for family caregivers***

- flexible service models and consumer-directed approaches
- NHD/VA
- Older Americans Act programs and services

## AoA's Strategic Action Plan

***Goal 3 - Empower older people to stay active and healthy through Older Americans Act services and the new prevention benefits under Medicare***

- Increase the use of Evidence-Based Disease and Disability Prevention Programs
- Promote use of Medicare prevention benefits

## AoA's Strategic Action Plan

***Goal 4 - Ensure the rights of older people  
and prevent their abuse, neglect and  
exploitation***

***Goal 5 - Maintain effective and responsive  
management***

*Emergency and Disaster Preparedness*



## Disaster plans

- Educate:
  - Service Provider Network
  - program staff, volunteers
  - community agencies
- Educate clients seniors, program participants
  - Maintain emergency contact, caregiver, physician information
  - Encourage seniors to keep current records of medications, doctors, and medical conditions.
  - Seniors should have a three-day supply of medications and food available in the home, as well contact information for emergency personnel.

## *AoA Helpful links*

- AoA programs (various):  
[http://www.aoa.gov/AoARoot/AoA\\_Programs/index.aspx](http://www.aoa.gov/AoARoot/AoA_Programs/index.aspx)
- AoA Emergency Assistance Guide 2006  
[http://www.aoa.gov/AoARoot/Preparedness/Resources\\_Network/pdf/Attachment\\_1357.pdf](http://www.aoa.gov/AoARoot/Preparedness/Resources_Network/pdf/Attachment_1357.pdf)



## *Helpful links*

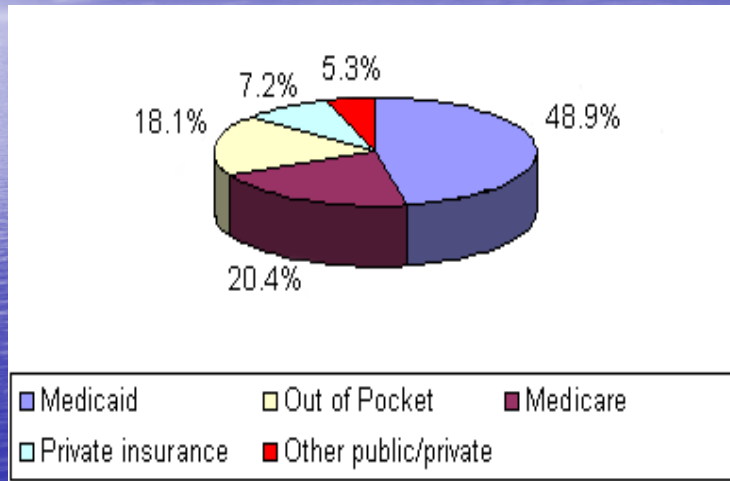
- HHS American Recovery and Reinvestment Act (ARRA):  
<http://www.hhs.gov/recovery/>
- ARRA senior nutrition:  
<http://www.hhs.gov/recovery/programs/aoa/arra.html> or  
[http://www.aoa.gov/AoAroot/PRESS\\_Room/News/2009/03\\_18\\_09.aspx](http://www.aoa.gov/AoAroot/PRESS_Room/News/2009/03_18_09.aspx)
- AoA ARRA FAQs:  
[http://www.aoa.gov/AoAroot/Press\\_Room/News/2009/D\\_OCS/ARRA\\_NutritionFAQFIN.doc](http://www.aoa.gov/AoAroot/Press_Room/News/2009/D_OCS/ARRA_NutritionFAQFIN.doc)

## LTC – Refocus on Needs and preferences

- Now consumers are demanding change
  - By voting
  - Demanding more choices and options
  - Want more controls of who cares for them
  - More flexibility to meet their needs
  - More recognition of the role of families



# Long-Term Care: Who Pays?



# State Budget Deficits



- In closing:
- I would like to commend the Wyoming SUA - Director and staff, Aging Service Providers, and Volunteers for all of their support for improving the quality of life for Older People in Wyoming. Thank You!

# Thank You!

2009 Wyoming  
Conference on Aging

Cheyenne, Wyoming  
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